



National Nutrient Database for Standard Reference
Release 28 slightly revised May, 2016

Full Report (All Nutrients) 09028, Apricots, canned, heavy syrup pack, without skin, solids and liquids

Report Date: June 27, 2017 23:30 EDT

Nutrient values and weights are for edible portion.

Food Group : Fruits and Fruit Juices

Carbohydrate Factor: 3.75 Fat Factor: 8.37 Protein Factor:3.36 Nitrogen to Protein Conversion Factor:6.25

Refuse:6% Refuse Description: Pits

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 cup, whole, without pits 258g
Proximates					
Water	g	77.66	115	0.124	200.36
Energy	kcal	83	--	--	214
Energy	kJ	347	--	--	895
Protein	g	0.51	58	0.014	1.32
Total lipid (fat)	g	0.09	42	0.004	0.23
Ash	g	0.29	58	0.010	0.75
Carbohydrate, by difference	g	21.45	--	--	55.34
Fiber, total dietary	g	1.6	--	--	4.1
Minerals					
Calcium, Ca	mg	9	65	0.199	23
Iron, Fe	mg	0.43	66	0.026	1.11
Magnesium, Mg	mg	8	61	0.181	21
Phosphorus, P	mg	13	66	0.320	34
Potassium, K	mg	134	65	4.523	346
Sodium, Na	mg	11	63	1.022	28
Zinc, Zn	mg	0.10	32	0.003	0.26
Copper, Cu	mg	0.065	32	0.003	0.168
Manganese, Mn	mg	0.051	--	--	0.132
Vitamins					
Vitamin C, total ascorbic acid	mg	2.8	173	0.104	7.2
Thiamin	mg	0.019	62	0.000	0.049

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 cup, whole, without pits 258g
Riboflavin	mg	0.023	66	0.000	0.059
Niacin	mg	0.416	59	0.019	1.073
Pantothenic acid	mg	0.092	--	--	0.237
Vitamin B-6	mg	0.054	--	--	0.139
Folate, total	µg	2	--	--	5
Folic acid	µg	0	--	--	0
Folate, food	µg	2	--	--	5
Folate, DFE	µg	2	--	--	5
Vitamin B-12	µg	0.00	--	--	0.00
Vitamin A, RAE	µg	62	168	1.883	160
Retinol	µg	0	--	--	0
Vitamin A, IU	IU	1240	168	37.667	3199
Vitamin D (D2 + D3)	µg	0.0	--	--	0.0
Vitamin D	IU	0	--	--	0
Lipids					
Fatty acids, total saturated	g	0.006	--	--	0.015
16:0	g	0.005	--	--	0.013
18:0	g	0.001	--	--	0.003
Fatty acids, total monounsaturated	g	0.037	--	--	0.095
18:1 undifferentiated	g	0.037	--	--	0.095
Fatty acids, total polyunsaturated	g	0.017	--	--	0.044
18:2 undifferentiated	g	0.017	--	--	0.044
Fatty acids, total trans	g	0.000	--	--	0.000
Cholesterol	mg	0	--	--	0
Amino Acids					
Tryptophan	g	0.009	--	--	0.023
Threonine	g	0.018	--	--	0.046
Isoleucine	g	0.016	--	--	0.041
Leucine	g	0.030	--	--	0.077
Lysine	g	0.036	--	--	0.093
Methionine	g	0.003	--	--	0.008
Cystine	g	0.002	--	--	0.005
Phenylalanine	g	0.021	--	--	0.054

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 cup, whole, without pits 258g
Tyrosine	g	0.012	--	--	0.031
Valine	g	0.019	--	--	0.049
Arginine	g	0.020	--	--	0.052
Histidine	g	0.008	--	--	0.021
Alanine	g	0.025	--	--	0.065
Aspartic acid	g	0.117	--	--	0.302
Glutamic acid	g	0.052	--	--	0.134
Glycine	g	0.016	--	--	0.041
Proline	g	0.031	--	--	0.080
Serine	g	0.029	--	--	0.075
Other					